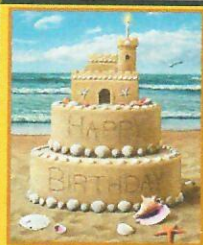


# Westminster Council on Aging June 2021 Newsletter

69 West Main Street, P. O. Box 212, Westminster, MA 01473



978-874-7402



Happy Birthday  
To All Seniors  
Celebrating  
In June!



First Day of Summer ~ Sunday, June 20

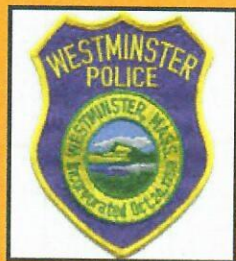


*The Council on Aging Wishes to Extend  
Our Heartfelt Sympathy to the Family & Friends of  
~ Janet E. Lawrence ~*



## Coffee with the Chiefs

Thursday, June 24 / 9:00 - 10:00 am



Join Westminster  
Police Chief, Ralph LeBlanc  
Fire Chief, Kyle Butterfield



All are welcome to stop in at the Westminster Senior Center to personally meet with the Chiefs of your Town in a relaxed setting.

Enjoy complimentary coffee while taking the opportunity to ask questions, voice concerns, and share community ideas.





## Elizabeth Kalmansson, Attorney at Law

Elder Law | Wills | Trusts | MassHealth Planning & Applications

It is important to have a plan for the future. With a few simple documents, we can help to ensure that you and your estate will be taken care of according to your wishes. Our basic estate planning package is sufficient for most clients and very affordable.

Law Offices of Kalmansson & Kalmansson e: elizabeth@kalmanssonlaw.com  
48 West Street p: 978-343-7772  
Leominster, MA 01453 w: kalmanssonlaw.com

## Clarity. Confidence.

You deserve a bank that actually cares.

**Fidelity Bank** LifeDesign Banking  
Helping you get where you want to be™

Call 800.581.5363

FidelityBankOnline.com



## FORBES LANDSCAPING

Spring Cleanups  
Lawn Maintenance & Installations  
Patios & Walkways • Stone & Block Walls  
FREE ESTIMATES • FULLY INSURED  
**978-855-4942**



**Heywood  
Wakefield  
COMMONS**

An Assisted Living Residence

A New Place to Call Home  
in a Community that Cares

To schedule a tour or for more information,  
call Kristy Livingston at (978) 632-8292.

**www.hwcommons.com**



50 Pine Street • Gardner, MA • (978) 632-8292



**Care Central VNA  
& Hospice, Inc.**

Healthcare in Your Neighborhood

978-632-1230

carecentralvnahospice.org

Formerly GVNA HealthCare, Inc.

Skilled Homecare  
Hospice  
Adult Day Health Services  
Private Duty Services  
Healthy Families  
Rehab Services  
Support Groups

**BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.**

**LPi is Hiring Ad Sales Executives**

Full-Time with Benefits | Paid Training  
Expense Reimbursement | Travel Required



Contact us at: [careers@4lpi.com](mailto:careers@4lpi.com)  
[www.4lpi.com/careers](http://www.4lpi.com/careers)

**AVAILABLE FOR A LIMITED TIME!**

**ADVERTISE HERE NOW!**

Contact **Duane Budelier** to place an ad  
today! [dbudelier@lpicommunities.com](mailto:dbudelier@lpicommunities.com)  
or (800) 950-9952 x2525

**Brenda  
Albert**  
REALTOR



Exceptional Service *Before, During & After* the Sale

*I will help you with all of your real estate needs*

(c) 978-621-3168 (o) 978-534-3100  
[www.URHomeTeam.com](http://www.URHomeTeam.com)  
email [BAAlbert@LAERrealty.com](mailto:BAAlbert@LAERrealty.com)  
63 Merriam Avenue Leominster, MA 01453



**PROTECTING SENIORS NATIONWIDE  
MEDICAL ALERT SYSTEM**

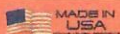


**\$29.95/MO**

BILLED QUARTERLY

- No Long-Term Contract
- Price Guarantee
- Made and monitored in the USA

PLUS  
SPECIAL  
OFFER



CALL NOW! 1.877.801.5055  
[WWW.24-7MED.COM](http://WWW.24-7MED.COM)



**Your Local Choice for  
Quality Therapy Service**

Returning 95% of all admissions  
back to the community

59 Eastwood Circle, Gardner • 978.632.8776 • [GardnerRehab.com](http://GardnerRehab.com)



# SUPPORT OUR ADVERTISERS!



Ad info. 1-800-477-4574 • Church Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com) Westminster COA, Westminster 03-1136





## What Makes a Dad

~ By Briq Carter

God took the strength of a mountain,  
The majesty of a tree,  
The warmth of a summer sun,  
The calm of a quiet sea,

The generous soul of nature, the comforting arm of night,  
The wisdom of the ages, the power of the eagle's flight,

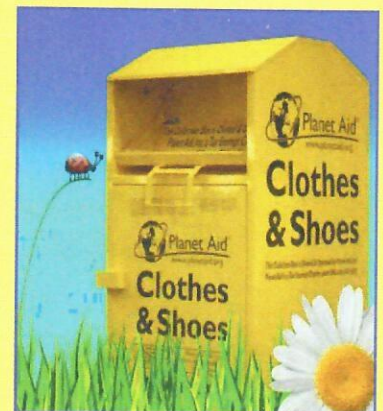
The joy of a morning in spring, the faith of a mustard seed,  
The patience of eternity, the depth of a family need,

Then God combined these qualities, when there was nothing more to add,  
He knew his masterpiece was complete, and so, He called it... Dad.

### HAPPY FATHER'S DAY ~ SUNDAY, JUNE 20

## Planet Aid Donation Bin ~

Donate gently used clothing and shoes for several good causes! Relieve yourself of bursting closets, benefit our environment by recycling, all while helping those less fortunate. The Westminster Community Senior Center is host to a Planet Aid donation bin located in our parking lot. Planet Aid pays 3 cents per pound of clothing and shoes collected, with 100% of this going directly to the Community Senior Center. Planet Aid supports programs in developing nations, including assistance to orphaned children, HIV/AIDS prevention, fighting malaria, training teachers, and educating small farmers to help them earn a better living. All donations are tax deductible. For more information on Planet Aid's programs, please visit their website at [www.planetaid.org](http://www.planetaid.org).





## Please Note ~

The Westminster Senior Center will be closed on Friday, June 18, in observance of Juneteenth.

What is Juneteenth and why is it celebrated? Also known as

Juneteenth Independence Day or Freedom Day, Juneteenth

commemorates the June 19, 1865 announcement of the abolition of slavery in Galveston, Texas, and more generally, the emancipation of enslaved African Americans throughout the former Confederate States of America.



*On June 19, 1865, Union Major-General Gordon Granger issued this military order in Galveston, Texas, freeing slaves.*

### GENERAL ORDERS, NO. 3

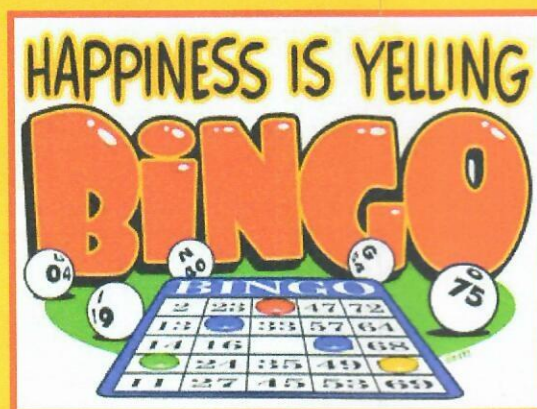
"THE PEOPLE OF TEXAS ARE INFORMED THAT, IN ACCORDANCE WITH A PROCLAMATION FROM THE EXECUTIVE OF THE UNITED STATES, ALL SLAVES ARE FREE."

The Westminster Council on Aging Board Meeting will be held Tuesday, June 8, 11:30 am at the Westminster Senior Center. This meeting is open to the public. All are welcome to attend.

# B I N G O!

**Westminster Senior Center  
Every Tuesday & Thursday  
1:00-3:00 pm**

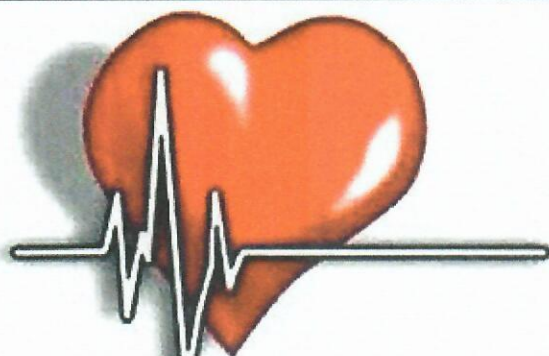
**No sign-up required**



**\$1 Per Card / 3 Rounds / Slide Window Cards Provided**

**Please bring small bills if possible**

**Coffee & snacks available for small donation**



**Blood Pressure Clinic**

**Free Blood Pressure Clinic  
with Eileen is back!**

**Westminster Senior Center**

**Every third Thursday of the month  
Beginning July 15 / 11:00 am-12:00 pm**

**No appointment needed.**



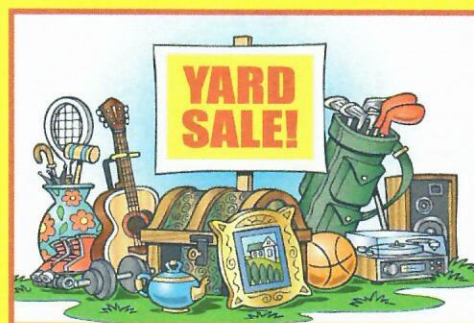
## READY TO GET MOVING & ENJOY THE GREAT OUTDOORS?? JOIN THE "WALKERS OF WESTMINSTER" (WOW)



- ♦ Starting June 3
- ♦ Every Thursday 9:00 am (weather permitting)
- ♦ Meet at the Westminster Senior Center
- ♦ Walking location will be determined that day
- ♦ Carpool from Senior Center to local trails
- ♦ No sign-up necessary ~ just show up!
- ♦ Please call the Senior Center for more details

## Westminster Town Wide Yard Sale Saturday, June 19 / 8:00 am - 3:00 pm

*Sponsored by  
The Westminster Historical Society (WHS)*



This event will be held rain or shine. Households that participate will be on a map that will be sold at the WHS House located at 110 Main Street. Registration forms are due by Tuesday, June 1, to ensure you make it on the map. Maps will be sold at the WHS the day of the yard sale from 7:45 am-2:00 pm. There will be items for sale on the WHS lawn including chairs, desks, stools, coffee tables, lamps, rugs, and beds. For more information on registration, please contact Nadine Leger at 978-874-5569 or email [westminsterhistoricalsociety@gmail.com](mailto:westminsterhistoricalsociety@gmail.com).

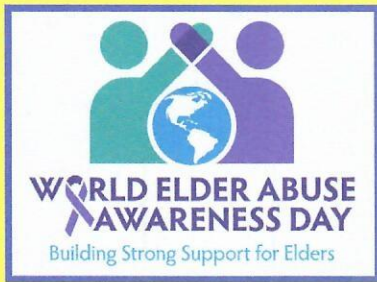
Also, the *Westminster Lion's Club* will host a tag sale at the VFW Field, Eaton Street, during the Town Wide Yard Sale. Donations of new or gently used items to be sold can be dropped off behind the VFW, either under the tent (once tent set up) or at the shed behind the VFW. Donations will be accepted through Thursday, June 17. Please, no computers or televisions. For any questions regarding the Lion's Club tag sale or donations, please contact Pete Yraola at 978-874-0489. Thank you!



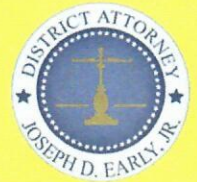
## FLAG DAY ~ Monday, June 14

Flag Day highlights the symbolism of the Country's foundational ideals and Nation's freedom. It honors the United States flag as that symbol and an opportunity for the Country to reaffirm their belief in liberty and justice. People honor this day displaying the American flag outside their homes and in public.





# Worcester County District Attorney's Office Joseph D. Early, Jr.



**IF YOU OR SOMEONE YOU KNOW IS BEING ABUSED OR NEGLECTED  
AND ARE 60 YEARS OLD OR OLDER, CALL 1-800-922-2275**

June 15 is National World Elder Abuse Awareness Day (WEAAD). Elder Abuse is defined by the National Center of Elder Abuse (NCEA) as any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to an older adult.

The National Council of Aging (NCOA) estimates approximately one in ten Americans aged 60 or older has experienced some form of elder abuse. Furthermore, it is suspected that elder abuse is under-reported with only one in 24 cases being reported to authorities.

## TYPES OF ELDER ABUSE

The NCOA recognizes that elder abuse can occur in many forms including the following:

- **Physical Abuse:** Inflicting physical pain or injury upon an older adult.
- **Sexual Abuse:** Touching, fondling, intercourse, or any other sexual activity with an older adult, when the older adult is unable to understand, unwilling to consent, threatened, or physically forced.
- **Emotional Abuse:** Verbal assaults, threats of abuse, harassment, or intimidation.
- **Confinement:** Restraining or isolating an older adult, other than for medical reasons.
- **Passive Neglect:** A caregiver's failure to provide an older adult with life's necessities.
- **Willful Deprivation:** Purposefully denying an older adult life essentials and physical assistances while knowingly exposing that person to the risk of physical, mental, or emotional harm.
- **Financial Exploitation:** The misuse or withholding of an older adult's resources by another.

*In almost 60 percent of elder abuse & neglect incidents, the perpetrator is a family member.  
Two-thirds of perpetrators are adult children or spouses.*

## HOW TO MAKE A REPORT

All 50 states in the United States have passed legislation regarding elder abuse. Anyone who suspects that an older adult is being mistreated, should contact a local Adult Protective Services office, Long-Term Care Ombudsman, or the police. NCEA describes various scenarios and ways to get help, and more information is available from the Eldercare Locator online or by calling 1-800-922-2275 or 1-800-677-1116. If an older adult is in immediate, life-threatening danger, call 911.





# HELLO SUMMER!



C	S	J	R	G	S	W	I	M	S	U	I	T	S	X	Z	X	B
L	B	M	I	S	U	N	S	H	I	N	E	A	Z	P	I	F	U
F	E	E	S	A	N	D	C	A	S	T	L	E	S	R	B	L	Y
R	A	M	P	R	E	L	A	X	F	R	U	I	T	A	P	O	L
I	C	O	O	Z	N	L	C	A	M	P	I	N	G	Q	O	W	E
E	H	R	U	N	F	I	R	E	W	O	R	K	S	R	O	E	M
N	O	I	Y	U	A	R	J	F	U	N	V	A	J	F	L	R	O
D	T	E	K	Q	L	D	S	W	I	M	M	I	N	G	G	S	N
S	P	S	V	N	Q	C	E	F	L	I	P	F	L	O	P	S	A
I	K	P	O	P	S	I	C	L	E	S	E	W	P	Y	F	C	D
G	B	A	R	B	E	C	U	E	X	O	W	A	J	B	M	S	E
U	A	M	V	A	C	A	T	I	O	N	B	I	K	E	S	H	R



BARBECUE  
BEACH  
BIKES  
CAMPING  
FIREWORKS  
FLIPFLOPS  
FLOWERS  
FRIENDS



FRUIT  
FUN  
HOT  
LEMONADE  
MEMORIES  
POOL  
POPSICLES  
RELAX

SANDCASTLES  
SUNSHINE  
SWIMMING  
SWIMSUITS  
VACATION



## SUPPORT OUR ADVERTISERS!





This is your time to live well,  
thrive, grow and belong.

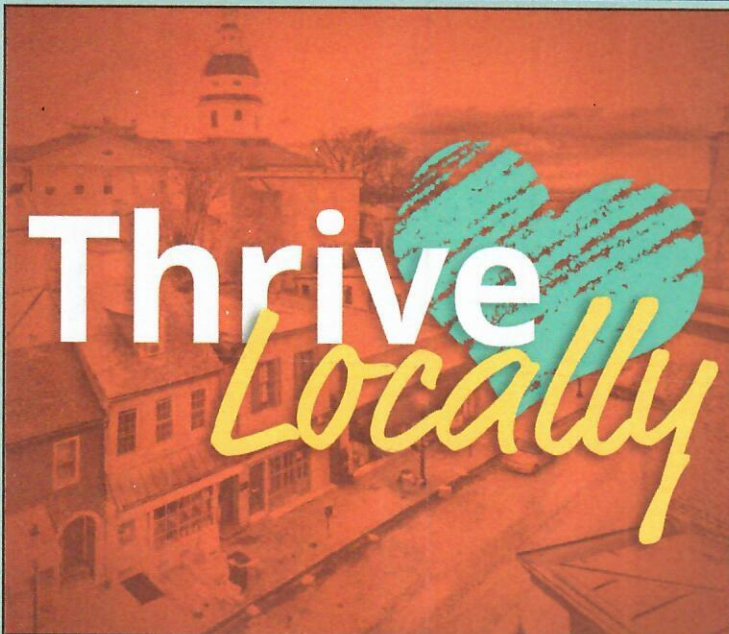
**BENCHMARK**  
SENIOR LIVING  
at LEOMINSTER CROSSINGS

1160 Main Street  
Leominster MA  
LeominsterCrossings.com  
978.627.4967



Siding • Roofing • Windows  
Decks • Remodeling • Doors

**978-846-8422**



# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed  
to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



Ad info. 1-800-477-4574 • Church Support 1-800-888-4574 • [www.lpicomunities.com](http://www.lpicomunities.com) Westminster COA, Westminster 03-1136